Membership Eligibility

The following user groups are eligible for Membership to the Well:

- **Sac State Students**
- **Affiliates:**
  - Administration, Emeriti, Faculty, & Staff
- **Pre-Paid Alumni***
- **Spouses/Partners of Students & Affiliates**

*Currently offering limited alumni memberships to those who have paid into the facility

Membership is currently not available to the community and student, affiliate, alumni, or employee dependants
Membership Overview

The Benefits of a Well Membership

- **Flexible Membership Options**
  One-time sign up and lock in at our lowest price for two years OR choose the number of months you want to pre-pay for.

- **Fits Your Schedule**
  Open over 100 hours every week!

- **Convenient**
  Located in the heart of the Sac State campus

- **Outstanding Facility Features**
  State of the art LEED certified building which was created for and will be continue to be shaped by the recreation-minded and active Sac State community
Membership Overview...

Facility features included with membership:

- **13,860 SQ FT OF INDOOR AND OUTDOOR, CARDIO/WEIGHT SPACE INCLUDING:**
  - Over 90 pieces of cardio equipment from Precor, Matrix, Concept2 & Woodway
  - 25 pieces of Matrix selectorized weight equipment
  - 9 pieces of Freemotion equipment
  - Technogym Kinesis equipment
  - 23 pieces of free weight equipment
  - Olympic platform

- **FITNESS STUDIOS (3)**
- **INDOOR RUNNING TRACK**
- **MULTI PURPOSE ACTIVITY COURT**
- **4-COURT BASKETBALL COMPLEX**
- **ROCK CLIMBING WALL--39’6” x 56’**
- **BOULDERING WALL--13’ x 15’**
- **RACQUETBALL COURTS (4)**
- **LOCKER ROOMS AND CABANA LOCKER ROOM**
- **EQUIPMENT ORIENTATIONS**
Membership Overview

Customize your membership to fit your needs

The Well offers a variety of programs and services to enhance membership and accommodate the different styles and interests of our students and members.

Take advantage of the following fee-based opportunities:

- Diversified group exercise classes
- Aquatics (25 yard 6-Lane Pool located behind Yosemite hall)
- Certified Personal Training
- Fitness Assessments
- Small Group Training and Buddy Training
- Expanding Intramural Leagues and Special Events
2010 Pricing Options

* Alumni memberships are based on the # of semesters which were paid into the facility

** EFT = Electronic Funds Transfer from bank savings account or checking account only (must present voided check or deposit slip)

<table>
<thead>
<tr>
<th>Electronic Funds Transfer</th>
<th>Affiliate</th>
<th>Pre-Paid Alum Discounted*</th>
<th>Spouse/Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly EFT**</td>
<td>$29</td>
<td>n/a</td>
<td>$33</td>
</tr>
<tr>
<td>Short Term</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 months</td>
<td>$78</td>
<td>$32</td>
<td>$86</td>
</tr>
<tr>
<td>3 months</td>
<td>$114</td>
<td>$48</td>
<td>$126</td>
</tr>
<tr>
<td>4 months</td>
<td>$148</td>
<td>$64</td>
<td>$164</td>
</tr>
<tr>
<td>5 months</td>
<td>$180</td>
<td>$80</td>
<td>$200</td>
</tr>
<tr>
<td>6 months</td>
<td>$210</td>
<td>$96</td>
<td>$234</td>
</tr>
<tr>
<td>7 months</td>
<td>$238</td>
<td>$112</td>
<td>$266</td>
</tr>
<tr>
<td>8 months</td>
<td>$264</td>
<td>$128</td>
<td>$296</td>
</tr>
<tr>
<td>9 months</td>
<td>$288</td>
<td>$144</td>
<td>$324</td>
</tr>
<tr>
<td>10 months</td>
<td>$310</td>
<td>$160</td>
<td>$350</td>
</tr>
<tr>
<td>11 months</td>
<td>$330</td>
<td>$176</td>
<td>$374</td>
</tr>
<tr>
<td>12 months</td>
<td>$348</td>
<td>$192</td>
<td>$396</td>
</tr>
</tbody>
</table>
Membership options at a glance

**EFT Monthly Benefits:**
- Locked in at the lowest rate for two years
- Don’t have to worry about renewing your membership
- Ability to freeze membership at a small fee
- **ABSOLUTELY NO INITIATION FEES OR CANCELLATION FEES**

**Short Term Benefits:**
- Prepay for your membership
- Choose the number of months you want to sign up for
**2010 Pricing Details**

**All prices have been adjusted to reflect 2010 facility schedule including revised hours and closing**

<table>
<thead>
<tr>
<th><strong>Guest Policy</strong></th>
<th><strong>A guest is defined as someone who is eligible for membership or a person over the age of 18 who accompanies a current member</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Pass</strong></td>
<td><strong>$10</strong></td>
</tr>
<tr>
<td><strong>Member Guest</strong></td>
<td><strong>All members receive 1 free guest pass per semester after that guests must pay Daily Pass fee</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Membership Freeze Policy</strong></th>
<th><strong>Membership freezes are available for medical necessity, Active Duty Military Transfer, Missionary Assignment, Sabbatical and Field work. Documentation required. The minimum term for a freeze is 3 months and the maximum freeze term is 6 months.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monthly Freeze</strong></td>
<td><strong>$10</strong></td>
</tr>
</tbody>
</table>

**Cancellations, Refunds & Transfers**

- **4 month minimum obligation for EFT Membership**
- **Cancellation on Monthly EFT will require a 30 day written notice and will be effective on the first of the month following 30 days from the date of approval of written cancellation.**
- **Medical Note required for Cancellations of Monthly Short Term**
- **Medical Note required for all Refunds**
- **Transfers of any membership to another member is not available**
TRY BEFORE YOU BUY!

Come in September 3rd - September 10th to sign up for FREE ACCESS to the WELL and try out unlimited fitness classes!

From September 3rd - September 18th if you sign up for an EFT Monthly Membership receive 25% off any group fitness pass
Please join us
Well Grand Opening on September 2\textsuperscript{nd}
We will be offering guided tours through our new facility, area demonstrations, free food and the world's biggest dodge ball game

Contact for questions
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